By Shirley W. Walton
Extension Agent

GOOD NEWS FOR HOMEMAKERS

Deep Appreciation to Homemaking Students

I wish to use the column space for Good News this week to express deep appreciation to the home economics students at Appomattox County High School. Without the cooperation and enthusiasm and willingness of the girls to help, the visitors to Christmas Open House in the Appomattox County Extension Office would not be receiving a Christmas booklet this week.

Several weeks ago Mrs. Betty Jo Smith let us know that her home economics classes would be willing to put together the Christmas booklet. Our office staff was most elated about this because this is quite an undertaking. As our good secretaries typed and ran off the many pages for our Christmas booklet we carried these to the high school for the home economics students to construct into a booklet.

It has been a joy and privilege to go over and work with the home economics students during the past few years and to see their willingness to reach out and help others. A special word of thanks goes to Mrs. Betty Jo Smith and her student teacher, Mrs. Jones, and all the girls in the five homemaking classes who have worked so hard to make our project a success. Ladies, girls and fellows, we appreciate everything you've done to make this project successful! Without your help and your cooperation we would not have had it all together this time.

It is truly a pleasure to work with the youth in Appomattox County whether it's through 4-H, Future Homemakers, homemaking classes or youth in the communities. & is a real joy to see what concerned citizens these young people are. In this day and age when many people are finding many things that the youth don't do, I would like to take this opportunity to say how fortunate we are in Appomattox County to have the caliber of young people that we have. We need to count our blessings and let these young people know how proud we are of them and how much we appreciate their concern for making our county a better place in which to live.

Again, thank you homemaking students, Mrs. Smith, and Mrs. Jones. The Extension Homemakers in Appomattox County will always be grateful to you for your help and your concern to make our Christmas in Appomattox booklet a reality.

A very special word of appreciation goes to Barbara Kay McLaughlin, Cindy Ranson, and Betty Phelps, our outstanding extension secretaries for their dedication and cooperation. We appreciate their special efforts which make our annual Open House possible. The homemakers appreciate your extra efforts, girls.

RECIPE OF THE WEEK
Fry-Pan Casserole

Shred one cabbage. Place this in the bottom of a large electric fry pan. Add a layer of thinly sliced potatoes. These may also be shredded on a grater. Add a layer of lean hamburger. On top of each of these three layers, add a large can of tomato sauce or two small ones. Cook in electric fry pan at 250° from 30 30 to 40 minutes or until vegetables are tender. This casserole may also be prepared in layers and placed in a 350 degree oven for 45 minutes.

NOTE: If you like onions or other seasonings, these may be added in layers with the vegetables.

This delicious casserole recipe was shared with our office by Mrs. Ruby Williamson. This is a delicious way to prepare a one-dish meal that will please the pallets of each family member.

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WHITE HOUSE SPICED **Peaches** 15-oz CAN 39¢

DEL MONTE Single Serving **Puddings** 4 PACK 20-oz 69¢

DOUBLE Q **Salmon** 7¾-oz PKG 89¢

SAVE ON **SWIFT PREM** 12-oz CAN 79¢

KELLOGG'S **CORN FLAKES** 18-oz BOX 59¢

SAVE ON **HI-C DRINKS** 4 12-oz CANS 88¢

SAVE ON **SHASTA COLA** 6 12-oz CANS 89¢

Meat Bargains!

Swift's Premium Proten BEEF

GWALTNEY HOT or MILD **Sausage** lb 69¢

HOT DOG BRAND **FRANKS** 24-oz PKG $1.29

GWALTNEY BONED-TENDER **HAMS** lb $2.29

SWIFT'S SLICED **Bologna** 12-oz PKG 99¢

SWIFT'S THIN CUT SMOKED 4 Varieties **MEATS** 3-oz PKG 49¢

BONELESS LEAN STEWING **BEEF** lb $1.19

VALLEYDALE **BACON** 12-oz PKG 99¢

SLICED BEEF **LIVER** lb 49¢

STANDARD **Oysters** 12-oz CAN $1.99

SELECT **Oysters** 12-oz CAN $2.09

CHUCK STEAK lb. 89c

BONELESS IMPERIAL OVEN ROAST lb. 99¢

RICHFOOD **PIE SHELLS** 3 PKGS. OF 2 99¢ LIMIT 3 WITH $7.50 OR MORE PURCHASE EXCLUDING BONUS FEATURES

FANCY FLA. **SEEDLESS Grapefruit** WHITE RICH IN VIT. C 5-lb. BAG 69c

GOLD MEDAL **FLOUR** 10-lb. BAG 99c LIMIT 1 WITH $7.50 OR MORE PURCHASE EXCLUDING BONUS FEATURES

DUKE'S Mayonnaise QT. JAR 79¢ LIMIT 1 WITH $7.50 OR MORE PURCHASE EXCLUDING BONUS FEATURES

RICHFOOD **Shortening** 3-lb. CAN 99¢ LIMIT 1 WITH $7.50 OR MORE PURCHASE EXCLUDING BONUS FEATURES

RICHFOOD **SUGAR** 5-lb. BAG 59c LIMIT 1 WITH $7.50 OR MORE PURCHASE EXCLUDING BONUS FEATURES

Grocery Savings!

CHEF BOY AR DEE SPAGHETTI & **Meatballs** 2 15-oz CANS 88¢

A-1 MEAT **SAUCE** 10-oz BOT 99¢

10¢ OFF LABEL GIANT 54-oz **Spic & Span** $1.29

DEL MONTE SEEDLESS **Raisins** 15-oz PKG 89¢

FRISKIES BUFFET **Cat Food** 5 6½-oz CANS 99¢

FRISKIES DINNERS **Dog Food** 4 14-oz CANS 99¢

SOFTENER 8¢ OFF LABEL **Downy** 33-oz BOT 79¢

LIQUID DETERGENT **Ivory** 32-oz BOT 99¢

Pleasing Produce Bargains!

TANGERINES OR ORANGES "THE SUNSHINE FRUIT" DOZ 69¢ FANCY FLORIDA

CELLO **Red Radishes**

OR CRISP GREEN PEPPERS "Fresh From Florida" 2 FOR 29¢ MIX OR MATCH

FRESH FLORIDA GOLDEN SWEET **CORN** 5 EARS 59¢ "MELT IN YOUR MOUTH GOODNESS FROM THE SUNSHINE STATE"

BROIL STEAK BONELESS SAVOY lb $1.29

Ground Chuck lb 99¢

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QUALITY WITH SAVINGS!

FANCY INDIAN RIVER PINK **Grapefruit** 3 36-oz SIZES 49¢

FANCY FLORIDA **Avocados** 20 SIZE EA 39¢

FRESH TENDER FLORIDA **Snap Beans** 2 lbs 69¢

FANCY FLORIDA "A SQUEEZE ADDS EXTRA ZEST TO FISH or SALADS" **LIMES** 6 FOR 49¢

FANCY FLORIDA EGGPLANT lb 29¢

Frozen Food & Dairy Buys!

RICHFOOD **BUTTER** 1-lb. PKG. 99¢ LIMIT 2 WITH $7.50 PURCHASE

CUT CORN RICHFOOD 2-lb POLY BAG 89¢

Medium Eggs GRADE 'A' DOZ 55¢

SAVINGS WITH VALUE!

RICHFOOD FRUIT **DRINKS** GAL 79¢

BORDEN'S CHEESE **KISSES** 6-oz PKG 79¢

CHEF BOY AR DEE 4 VARIETIES **PIZZA** 15-oz PKG 79¢

KRAFT MED CHEDDAR CHEESE **STICK** 8-oz PKG 89¢

More Buys!

RICHFOOD **PORK 'N BEANS** 1-lb. CAN 4 FOR 88¢

SWIFT **POTTED MEATS** 3-oz. CAN 6 FOR 99¢

SWIFT **BEEF STEW** 24-oz CAN 79¢

RICHFOOD GREEN **Blackeye PEAS** 1-lb. CAN 3 FOR 99¢

PRICES EFFECTIVE: NOV. 9-12, 1977

St. Luke

It is pleasing to know that forces today do not hesitate because of the bad weather to attend meetings of public occasions.

Thursday a large group attended the Cornerstone Baptist Sunday School Union. Sunday, Oct. 30 at the Mt. Zion Baptist Church, Rev. J. Cabell, pastor.

Rev. F. M. Venable was in charge of the meeting. The devotions were uplifting and the Sunday School, as was divided into classes, was interesting, taught by the respective teaches. Rev. Venable gave a good review. All 12 schools reported their activities which was enjoyed. The youth program was a high light. Talents was really recognizable. Rev. Venarable gave the annual add. from the subject-"A Tree To Climb." This was great and laden with food for thought.

Ten schools reported educational funds which amt. to $783.00 with general offerings. Act. the total amt. raised for the day was $1,010.41.

The memorial services as was carried out at the end of year was conducted by Vice President D. L. Moore and his committee was impressive. Hymn Jesus Keep Me Near The Cross was sung. Mr. Moore read a scripture relative to the occasion. Selection by the Moore sisters. Somewhere around God's Throne.

A poem by Mrs. Louise Canada, "Why Mourn Those Who Die?"

Selection, "Going To See The King." A very consoling prayer was given by Mr. Amos Pannell and this closed the memorial program.

Offering was raised by Bros. Hamlette Robertson and Franklin. Generally for sick who was Mr. Camest Edwards, Mr. Ike Darris, Mrs. Beulah Hamlet.

The ladies of the church served a delicious lunch.

After the union some of the St. Luke members went to Free Spring Church to attend Men's Day program. Guest speaker was Rev. J. E. McLaughlin. A successful meeting was had. Subject of speaker, "God Is Looking For A Man."

A good crowd of worshipers attended the regular preaching services, Nov. 6 at the St. Luke Church. Rev. McLaughlin was in charge. Choir No 2 gave the music. Mrs. Josephine Newlin was at the piano. Rev. McLaughlin preached subject, "Are You Greatful." This was well taken. The offering was good. 2 persons came to join the church.

The 20th of Nov. at 3:00 P. M. the 7th Anniversary of the pastor Rev. J. McLaughlin will be had. Rev. S. C. Terry pastor of the Free Spring Church will be guest speaker. You are invited to come and enjoy the program.

Mrs. Esther Calaham is still on the handicapped list.

Canaan Baptist

Regular preaching service 2nd Sunday, Nov. 13 at 11:00 a.m. We expect our pastor, Rev. C. L. Elliott to be back after his vacation. The Junior Choir will render the music.

Sunday, Nov. 13 at 3 p.m. there will be a special program. We are asking all our friends and co-workers to attend and make this service a success.

On November 20th at 3:30 p.m. the Scruggs Family Singers will celebrate their second anniversary. Many groups have been invited. Come and enjoy an evening of songs. Rev. Winston Jones will be master of ceremony.

There will be a November Birthday Rally the fourth Sunday, Nov. 27th at 3:30 p.m. Mrs. J. C. Webb is in charge. Please come and make these programs a success.

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